

## ABSTRACT

Compositions and methods are described herein for use in packaging having improved moisture vapor barrier properties. In certain embodiments of the present invention, packaging articles can be made having improved oxygen barrier properties as well.

Compositions of the present invention can comprise a low molecular weight hydrogenated aliphatic resin and either a high density polyethylene or a branched or linear low density polyethylene. The low molecular weight hydrogenated aliphatic resin has a weight-average molecular weight of less than about 2000 g/mol. Preferably, the low molecular weight hydrogenated aliphatic resin comprises hydrogenated poly (dicyclopentadiene) or the product of hydrogenating a polymer produced by polymerizing a reaction mixture comprising dicyclopentadiene.